

JANUARY 2019

Renwick USD 267 - Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy	2 New	3 Year!!!	4 <u>Meal Prices:</u> Paid: \$1.50 Reduced: \$0.30 Adult: \$2.00
7 Grape Filled Crescent Fruit Choice 100% Fruit Juice Milk choice	8 Whole Grain Cereal Yogurt Fruit Choice 100% Fruit Juice Milk Choice	9 Breakfast pizza Fruit Choice 100% Fruit Juice Milk Choice	10 Whole Grain Muffin Cheese Stick Fruit Choice 100% Fruit Juice Milk Choice	11 Warm Apple Frudel Fruit Choice 100% Fruit Juice Milk Choice
14 Chocolate Filled Crescent Fruit Choice 100% Fruit Juice Milk Choice	15 Whole Grain Cereal Yogurt Fruit Choice 100% Fruit Juice Milk Choice	16 Dutch Waffle Fruit Choice 100% Fruit Juice Milk choice	17 Whole Grain Muffin Cheese Stick Fruit Choice 100% Fruit Juice Milk Choice	18 Warm Cherry Frudel Fruit Choice 100% Fruit Juice Milk Choice
21 No School	22 Whole Grain Cereal Yogurt Fruit Choice 100% Fruit Juice Milk Choice	23 Whole Grain donut Fruit Choice 100% Fruit Juice Milk Choice	24 Whole Grain Muffin Cheese Stick Fruit Choice 100% Fruit Juice Milk Choice	25 Warm Apple Frudel Fruit Choice 100% Fruit Juice Milk Choice
28 Chocolate Filled Crescent Fruit Choice 100% Fruit Juice Milk Choice	29 Whole Grain Cereal Yogurt Fruit Choice 100% Fruit Juice Milk Choice	30 Breakfast pizza Fruit Choice 100% Fruit Juice Milk Choice	31 Whole Grain Muffin Cheese Stick Fruit Choice 100% Fruit Juice Milk Choice	

Happy New Year!

If your family has trouble sticking to New Year's resolutions, make 2019 the year for change by modeling a healthful lifestyle and eating habits. Leading through example is a great way to encourage and provide support. Check out our Facebook page for a great article with tips on modeling healthy changes at home.

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